

Better **Breads**

***A Dozen Quick & Delicious,
Gluten-Free, Low-Glycemic
Breads, Biscuits, Crusts & Crepes***



INSIDE:
FLUFFY, FLAKY,
BUTTERY
GOODNESS!

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Better Breads

**A Dozen Quick & Delicious Gluten Free,
Low Glycemic Breads, Biscuits, Crusts & Crepes**

By Kelley Herring & The Editors of Healing Gourmet®

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Better Breads

Fresh baked focaccia, crisp-and-chewy pizza crust, piping hot biscuits just waiting to soak up a golden pat of creamy butter.

Ahhh. Bread, delicious bread! It's so hard to pass up.

But if you're watching your weight and your blood sugar, bread just isn't on the menu.

But you see, it's not that bread itself is so bad. *It's the grains that are to blame.*

Grain-based foods aren't just calorie-dense (and generally nutrient-poor), but because of their quick conversion to sugar in the body, they also spike blood sugar and insulin levels - encouraging weight gain, wrinkles, cellular damage and more!

But thanks to **Healing Gourmet**, you can enjoy all of the warm and toasty, fluffy and flaky goodness of breads... and pizza... and biscuits... and bagels... with none of the health-harming effects of grains.

We hope you enjoy these twelve super-simple, low glycemic, gluten free breads. Keep them close at hand for when that grain craving strikes. Your body will thank you!

Kelley Herring

CEO & Editor in Chief
Healing Gourmet

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Rustic Flax Focaccia

Yield: 16 slices

Start to Finish: 30 minutes

Nutrition Snapshot: 94 calories, 3 grams fiber, 0 grams sugars, 3 grams protein, 4 net carbs per serving

Good Source of: Fiber, Magnesium, Thiamin, Phosphorous, Manganese

Preferences: Gluten Free, Dairy Free

Ingredients

- 1 tsp. organic oregano, dried
- 1 Tbsp. organic erythritol
- 1/2 cup filtered or spring water
- 3 Tbsp. organic extra virgin olive oil
- 3 large pastured eggs
- 1 1/2 cup ground organic flaxseed
- 1 1/2 tsp. non-aluminum baking powder
- 1 tsp. Celtic sea salt

Preparation

1. Preheat oven to 425 degrees F.
2. Mix dry ingredients together.
3. Add wet ingredients. Mix well.
4. Let stand for 5 minutes to thicken.
5. Spread on oiled cookie sheet.
6. Bake for 15-18 minutes until cooked through.

Nutrition Information Per Serving

94 calories, 8 g total fat, 1 g saturated fat, 0 grams trans fat, 3 grams monounsaturated fat, 3 gram polyunsaturated fat, 39 mg cholesterol, 162mg sodium, 3 grams carbohydrate, 3 grams fiber, 0 grams sugars, 3 grams protein



Golden Flax Bread

Yield: 16 slices

Start to Finish: 1 hour

Nutrition Snapshot: 117 calories, 3 grams fiber, 0 grams sugars, 5 grams protein, 2 net carbs per serving

Excellent Source of: ALA Omega 3

Good Source of: Fiber, Protein, Magnesium, Thiamin, Phosphorous, Manganese

Preferences: Gluten Free, Dairy Free

Ingredients

- 2/3 cup almond flour
- 1 tsp. Celtic sea salt
- 2 Tbsp. organic virgin coconut oil
- 4 large pastured eggs
- 3 tsp. non-aluminum baking powder
- 1.5 cups organic flax meal

Preparation

1. Preheat oven to 350 degrees F. Oil a 9 x 5 loaf pan.
2. Melt coconut oil.
3. In a medium bowl, mix dry ingredients together well.
4. In a small bowl, gently beat eggs. Whisk in coconut oil.
5. Stir wet ingredients into dry.
6. Pour batter into pan.
7. Bake 20-25 minutes or until golden brown on top and a toothpick inserted into the center comes out clean.

Nutrition Information Per Serving

117 calories, 10 g total fat, 2.5 g saturated fat, 0 grams trans fat, 3 grams monounsaturated fat, 4 gram polyunsaturated fat, 53 mg cholesterol, 162mg sodium, 5 grams carbohydrate, 3 grams fiber, 0 grams sugars, 5 grams protein



Simple Sandwich Bread

Yield: 12 slices

Start to Finish: 50 minutes

Nutrition Snapshot: 117 calories, 3 grams fiber, 0 grams sugars, 5 grams protein, 2 net carbs per serving

Good Source of: Fiber, Selenium

Preferences: Gluten Free

Ingredients

- 6 pastured eggs
- 1/2 cup grass-fed butter, melted
- ½ tsp. sea salt
- 3/4 cup coconut flour
- 1 tsp. non-aluminum baking powder

Preparation

1. Preheat oven to 350 degrees F. Grease a 9 x 5 loaf pan.
2. Add all ingredients to a medium bowl and mix well to combine.
3. Pour batter into pan.
4. Bake for 40 minutes.
5. Turn the loaf out onto a cooling rack. Cool completely before serving.

Nutrition Information Per Serving

134 calories, 11 g total fat, 7 g saturated fat, 0 grams trans fat, 3 grams monounsaturated fat, 1 gram polyunsaturated fat, 126 mg cholesterol, 201 mg sodium, 4 grams carbohydrate, 3 grams fiber, 1 grams sugars, 4 grams protein



Thin & Crispy Pizza Crust

Yield: 6 slices

Start to Finish: 1 hour

Nutrition Snapshot: 199 calories, 3 grams fiber, 1 grams sugars, 14 grams protein, 3 net carbs per serving

Excellent Source of: Calcium, Protein, Selenium, ALA Omega-3, Phosphorous

Good Source of: Fiber, Riboflavin

Preferences: Gluten Free

Ingredients

- 5 Tbsp **Bob's Red Mill Organic Coconut Flour**
- 1 ounce organic Parmesan cheese
- 2 Tbsp. organic flax seed meal
- 1 tsp. dried oregano
- 6 ounces organic mozzarella cheese
- 1 tsp. organic garlic powder
- 1/4 tsp. cream of tartar
- 1/2 tsp. dried basil
- 4 large pastured eggs
- 1 Tbsp. organic extra virgin olive oil
- 1/4 tsp. Celtic sea salt

Preparation

1. Preheat oven to 350 degrees F.
2. Add all ingredients except mozzarella cheese into a food processor. Process until smooth. Fold in mozzarella cheese.
3. Spread batter onto a greased baking sheet.
4. Bake for 20-25 minutes.
5. Top with sauce and toppings of choice. Return to oven and bake another 10-12 minutes.
6. Serve.

Nutrition Information Per Serving

199 calories, 13 g total fat, 6 g saturated fat, 0 grams trans fat, 5 grams monounsaturated fat, 2 gram polyunsaturated fat, 163 mg cholesterol, 401 mg sodium, 6 grams carbohydrate, 3 grams fiber, 1 grams sugars, 14 grams protein



Deep Dish Pizza Crust

Yield: 10 slices

Start to Finish: 30 minutes

Nutrition Snapshot: 200 calories, 0 grams fiber, 1 grams sugars, 14 grams protein, 1 net carbs per serving

Excellent Source of: Calcium, Protein, Selenium, Phosphorous

Good Source of: Vitamin B12, Riboflavin

Preferences: Gluten Free

Ingredients

- 1 tsp. organic garlic powder
- 1 ½ tsp. dried oregano
- 8 ounces organic Parmesan cheese, shredded
- 1/2 tsp. Celtic sea salt
- 6 large pastured eggs
- 6 ounces organic cream cheese at room temperature
- 1/4 tsp. freshly ground black pepper

Preparation

1. Heat the oven to 350 degrees F.
2. Using a blender or food processor, mix the egg and cream cheese until well blended. Add the salt and spices and blend again.
3. Spread Parmesan in bottom of well-oiled 9X13 pan.
4. Pour egg mixture over the cheese.
5. Bake for 22-25 minutes, or until the top is light golden brown.
6. Remove from oven, add desired pizza toppings, and bake until done - about another 10-15 minutes.
7. Serve.

Nutrition Information Per Serving

200 calories, 15 g total fat, 8.5 g saturated fat, 0 grams trans fat, 5 grams monounsaturated fat, 1 gram polyunsaturated fat, 165 mg cholesterol, 162mg sodium, 2 grams carbohydrate, 0 grams fiber, 1 grams sugars, 14 grams protein



Flax Pizza Crust

Yield: 8 slices

Start to Finish: 30 minutes

Nutrition Snapshot: 187 calories, 6 grams fiber, 0 grams sugars, 6 grams protein, 1 net carbs per serving

Excellent Source of: Fiber, Magnesium, Thiamin, ALA Omega-3, Phosphorous, Manganese

Good Source of: Calcium, Protein, Selenium

Preferences: Gluten Free, Dairy Free

Ingredients

- 1/2 packet **SweetLeaf Stevia Plus**
- 3 Tbsp. organic extra virgin olive oil
- 2 tsp. non-aluminum baking powder
- 3 large pastured eggs
- 1/2 cup filtered or spring water
- 1.5 cups organic flax seed meal
- 1 tsp. Celtic sea salt
- 1 tsp. organic oregano

Preparation

1. Preheat oven to 425 degrees F.
2. Mix dry ingredients together.
3. Add wet ingredients, and mix well.
4. Let stand for 5 minutes to thicken.
5. Spread on greased pan or oiled unbleached parchment paper.
6. Bake for 15-18 minutes until cooked through.
7. Add toppings of choice and return to oven to cook through.

Nutrition Information Per Serving

187 calories, 16 g total fat, 2 g saturated fat, 0 grams trans fat, 6 grams monounsaturated fat, 7 gram polyunsaturated fat, 80 mg cholesterol, 325 mg sodium, 7 grams carbohydrate, 6 grams fiber, 0 grams sugars, 6 grams protein



Garlic Bagels

Yield: 6 bagels

Start to Finish: 30 minutes

Nutrition Snapshot: 187 calories, 6 grams fiber, 0 grams sugars, 6 grams protein, 1 net carbs per serving

Good Source of: Selenium

Preferences: Gluten Free

Ingredients

- ⅓ cups grass-fed butter, melted
- 6 Tbsp. organic coconut flour
- 6 pastured eggs
- 1 ½ tsp. garlic powder
- ¼ tsp. sea salt
- ½ tsp. non aluminum baking powder

Preparation

1. Preheat oven to 400 degrees F.
2. In a medium bowl, whisk together eggs, butter, salt, and garlic powder.
3. In a small bowl, sift coconut flour and combine with baking powder.
4. Whisk dry ingredients into wet ingredients, beating batter until there are no lumps.
5. Pour into a greased donut pan. (**NOTE:** You may top with traditional bagel toppings such as poppy seeds, sesame seeds, onion flakes at this time).
6. Bake 15 minutes.

Nutrition Information Per Serving

188 calories, 15 g total fat, 9 g saturated fat, 0 grams trans fat, 4 grams monounsaturated fat, 1 gram polyunsaturated fat, 236 mg cholesterol, 250 mg sodium, 5 grams carbohydrate, 3 grams fiber, 1 grams sugars, 8 grams protein



Healthy Corn Bread

Yield: 12 slices

Start to Finish: 1 hour

Nutrition Snapshot: 137 calories, 2 grams fiber, 0 grams sugars, 4 grams protein, 2 net carbs per serving

Good Source of: Selenium

Preferences: Gluten Free

Ingredients

- 1 tsp non-aluminum baking powder
- 1/2 cup grass-fed butter, melted
- 1/8 tsp. stevia extract
- 1 can ***Native Forest Organic Baby Corn (14 oz.)***
- 6 large pastured eggs
- 10 Tbsp organic coconut flour
- 1/2 tsp. sea salt
- 2 Tbsp. organic erythritol

Preparation

1. Preheat oven to 350 degrees F. Roughly chop the baby corn. Grease a 9 x 5 bread pan.
2. In a medium bowl, add the eggs, erythritol and stevia. Whisk to combine.
3. Slowly whisk in the melted butter and stir in the chopped baby corn.
4. In a small bowl, sift the coconut flour, and combine with the baking powder and salt.
5. Stir the dry ingredients into the wet ingredients to combine.
6. Pour into greased bread pan and bake 40 minutes. Let cool in pan for 10 minutes then remove from pan and cool on rack.

Nutrition Information Per Serving

137 calories, 11 g total fat, 7 g saturated fat, 0 grams trans fat, 3 grams monounsaturated fat, 1 gram polyunsaturated fat, 126 mg cholesterol, 200 mg sodium, 4 grams carbohydrate, 2 grams fiber, 1 grams sugars, 4 grams protein



Grain Free Burger Buns

Yield: 4 buns

Start to Finish: 25 minutes

Nutrition Snapshot: 293 calories, 5 grams fiber, 6 grams sugars, 12 grams protein, 9 net carbs per serving

Excellent Source of: Fiber, Magnesium, Protein, Vitamin E, Riboflavin, Phosphorous, Manganese

Good Source of: Calcium, Iron, Selenium, Zinc

Preferences: Gluten Free, Dairy Free

Ingredients

- 1/2 tsp. non-aluminum baking soda
- 1/2 tsp. Celtic sea salt
- 1 Tbsp. raw honey
- 1 1/2 cup. ground almond flour
- 2 large organic eggs

Preparation

1. Preheat oven to 350 degrees F.
2. Mix almond flour, eggs yolks baking soda salt, and honey in a medium bowl.
3. Beat egg whites until stiff peaks form.
4. Fold egg whites into almond mixture, adding water if necessary to achieve a batter.
5. Pour batter into a hamburger bun pan, filling halfway. Alternately, you may use BPA-free 6 oz cans (like those from wild salmon or tuna) and rinse well.
6. Transfer to the oven and bake 10 minutes or until golden brown.
7. Cool, slice in half and serve.

Nutrition Information Per Serving

293 calories, 23 g total fat, 2 g saturated fat, 0 grams trans fat, 14 grams monounsaturated fat, 5 gram polyunsaturated fat, 106 mg cholesterol, 497 mg sodium, 14 grams carbohydrate, 5 grams fiber, 6 grams sugars, 12 grams protein



Homemade Tortillas/Wraps

Yield: 4 wraps

Start to Finish: 20 minutes

Nutrition Snapshot: 136 calories, 6 grams fiber, 1 grams sugars, 4 grams protein, 4 net carbs per serving

Excellent Source of: ALA Omega-3, Manganese

Good Source of: Fiber, Magnesium, Thiamin, Phosphorous

Preferences: Gluten Free, Dairy Free, Vegetarian

Ingredients

- 1/4 cup. ground organic almond flour
- 1 tsp. **Bob's Red Mill Xanthan Gum**
- 1/4 tsp. Celtic sea salt
- 1/2 tsp. organic extra virgin olive oil
- 1/4 Tbsp. organic apple cider vinegar
- 1/4 Tbsp organic coconut flour
- 6 Tbsp. organic flax seed meal
- 1/2 tsp. raw honey
- 1/2 cup. warm filtered water
- 1/2 tsp. non-aluminum baking powder
- 2 Tbsp. organic coconut milk
- 2 Tbsp. **Bob's Red Mill Organic Buckwheat Flour**

Preparation

1. Preheat oven to 375 degrees F or preheat a sandwich press.
2. In a medium bowl, whisk together dry ingredients. In a small bowl, Whisk together wet ingredients. Add wet ingredients to dry ingredients and whisk well. Divide batter into four portions.
3. **OVEN METHOD:** Drop batter balls onto a greased unbleached parchment paper lined cookie sheet. Press another piece of greased parchment over dough and flatten, rolling out to 1/8 inch thickness. Peel off top parchment and transfer to oven. Bake for 8 minutes. **SANDWICH PRESS METHOD:** Pour one fourth batter onto sandwich press. Close lid until gently and then release. Cook for 30-60 seconds.
4. Store tortillas at room temperature in a glass storage container with rounds of parchment between each. Can also be used in place of crepes, pizza crust and wraps.

Nutrition Information Per Serving

136 calories, 10 g total fat, 2 g saturated fat, 0 grams trans fat, 4 grams monounsaturated fat, 4 gram polyunsaturated fat, 0 mg cholesterol, 151 mg sodium, 9 grams carbohydrate, 5 grams fiber, 1 grams sugars, 4 grams protein



Fluffy Biscuits

Yield: 4 biscuits

Start to Finish: 20 minutes

Nutrition Snapshot: 219 calories, 3 grams fiber, 1 grams sugars, 10 grams protein, 4 net carbs per serving

Excellent Source of: Vitamin E, Riboflavin, Phosphorous, Manganese

Good Source of: Calcium, Fiber, Magnesium, Protein, Selenium

Preferences: Gluten Free, Dairy Free

Ingredients

- 1 1/2 Tbsp ***Spectrum Organic Shortening***
- 3/4 tsp. aluminum-free baking powder
- 1/4 tsp. sea salt
- 1 cup. ground organic almond flour
- 4 large pastured egg whites

Preparation

1. Preheat oven to 400 degrees F.
2. In a medium bowl, whisk dry ingredients.
3. Add cold shortening into dry ingredients, and using a fork or pastry blender, cut shortening into flour until the mixture has pea-sized chunks throughout.
4. Chill mixture for 10 minutes (NOTE: This is very important – the colder the fat is, the fluffier your biscuits will be.)
5. Meanwhile, whisk egg whites with a fork in a bowl until foamy.
6. Remove mixture from fridge and whisk in the egg whites – you want a runny dough with chunks of almond mixture.
7. Pour it into greased foil-lined ramekins or a muffin top pan and transfer to hot oven immediately.
8. For ramekins, bake 15 minutes. For muffin top pan, bake 12 minutes.

Nutrition Information Per Serving

219 calories, 18 g total fat, 3 g saturated fat, 0 grams trans fat, 11 grams monounsaturated fat, 4 gram polyunsaturated fat, 0 mg cholesterol, 201 mg sodium, 7 grams carbohydrate, 3 grams fiber, 1 grams sugars, 10 grams protein



Quick Crepes

Yield: 4 crepes

Start to Finish: 20 minutes

Nutrition Snapshot: 193 calories, 1 grams fiber, 1 grams sugars, 4 grams protein, 1 net carbs per serving

Good Source of: Selenium, Manganese

Preferences: Gluten Free

Ingredients

- 2 large pastured eggs
- 1 pinch organic nutmeg
- ¼ tsp organic vanilla extract
- 1 Tbsp. organic extra virgin coconut oil
- 2 Tbsp. organic coconut flour
- 1/2 cup. organic coconut milk
- 2 Tbsp. grass-fed butter, melted
- ¼ tsp. Celtic sea salt

Preparation

1. Whisk eggs, butter, vanilla, nutmeg, and salt. Let stand 5 minutes.
2. Stir in coconut flour and coconut milk.
3. Heat 1 tsp. oil in a safe, nonstick skillet, turning to coat. Pour in about one quarter cup of batter. Quickly rotate the skillet so the batter forms a big, thin circle (about 7-8 inches).
4. When the crepe starts to bubble and edges begin to brown, flip it over; cook 1 or 2 minutes.
5. Repeat with remaining batter.

Nutrition Information Per Serving

193 calories, 20 g total fat, 15 g saturated fat, 0 grams trans fat, 3 grams monounsaturated fat, 1 gram polyunsaturated fat, 120 mg cholesterol, 153 mg sodium, 2 grams carbohydrate, 1 grams fiber, 1 grams sugars, 4 grams protein